

WHAT IS CLAIMED IS:

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1. A recording method in which data is written to a disc having formed thereon a pair of concentric or spiral tracks adjacent to each other and to which a common address is given, comprising the steps of:
 - writing a data blocked to a predetermined length to one of the pair of tracks;
 - accessing the other track having the common address after the write of the data blocked to the predetermined length to the one track; and
 - writing a data blocked to a new predetermined length to the other one of the pair of tracks after the access to that track.
 2. The recording method as set forth in Claim 1, wherein one of the pair of tracks is a land of which one wall face is wobbled at a predetermined period while the other wall face is flat.
 3. The recording method as set forth in Claim 2, wherein the other one of the pair of tracks is a land of which one wall face is flat while the other wall face is wobbled at a predetermined period.
 4. The recording method as set forth in Claim 1, wherein the predetermined blocking length is an integral multiple of the error correction unit.
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 5. A recording apparatus adapted to write data to a disc having formed thereon a pair of concentric or spiral tracks adjacent to each other and to which a common address is given, comprising:
 - means for blocking an input data to a predetermined length;

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means for controlling the recording means to access one of the pair of tracks and write the blocked data to the track, and then access the other one of the pair of tracks that has the common address after the write to the one track and write a data blocked to a new predetermined length to the other track.

6. The recording apparatus as set forth in Claim 5, further comprising:
a memory means for storing an input data once therein; and
a scale controlling means for intermittently reading out data stored in the
memory means;

the memory means compensating a data entered while the reading means is being moved from one of the pair of tracks to the other one of the pair of tracks.

7. The recording apparatus as set forth in Claim 5, wherein one of the pair of tracks is a land of which one wall face is wobbled at a predetermined period while the other wall face is flat.

8. The recording apparatus as set forth in Claim 6, wherein the other one of the pair of tracks is a land of which one wall face is flat while the other wall face is wobbled at a predetermined period.

9. The recording apparatus as set forth in Claim 5, wherein the predetermined blocking length is an integral multiple of the error correction unit.

10. A recording apparatus adapted to write data to a disc having formed thereon a pair of concentric or spiral tracks adjacent to each other and to which a common

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13. ~~A reproducing apparatus adapted to read data from a disc having formed thereon a pair of concentric or spiral tracks adjacent to each other and to which a common address is given, comprising:~~

means for reading data from the disc;

a memory means for storing the data read out from the ^{disc} ~~memory-means~~ once at a first transfer rate;

a memory controlling means for detecting when the data amount stored in the memory means has exceeded a first predetermined value, reading out data from the memory means at a second transfer rate higher than the first transfer rate and stopping the data storage ^{reading out} ^{from} into the memory means when the data amount stored in the memory means has reached a second predetermined value ^{larger} smaller than the first predetermined value; and

a writing means movement controlling means for moving, while the data storage into the memory means is being stopped, the reading means from one of the pair of tracks from which the data has been read to the other one of the pair of tracks.

14. The recording method as set forth in Claim 13, wherein one of the pair of tracks is a land of which one wall face is wobbled at a predetermined period while the other wall face is flat.

15. The recording method as set forth in Claim 14, wherein the other one of the pair of tracks is a land of which one wall face is flat while the other wall face is

wobbled at a predetermined period.

16. A recording method in which data is written to a disc having formed thereon a pair of concentric or spiral tracks adjacent to each other and to which a common address is given, comprising the steps of:

storing an input data into a memory once at a first transfer rate;

firstly judging that the data amount stored in the memory has reached a first predetermined value;

reading out data from the memory at a second transfer rate higher than the first transfer rate when it is judged at the first judging step that the data amount stored in the memory has reached the first value;

secondly judging that the data amount stored in the memory has reached a second predetermined value smaller than the first predetermined value;

stopping the data read-out from the memory when it is judged at the second judging step that the data amount stored in the memory has reached the second predetermined value;

moving a write head from one of the pair of tracks to which data has been written to the other one while the data read-out from the memory is being stopped; and

stopping the write head from writing while the data read-out from the memory is being stopped.

17. A reproducing method in which data is read from a disc having formed

